

12-2015

## NYMC Synapse Volume 1 Issue 5

School of Medicine Student Senate, New York Medical College

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# NYMC Synapse

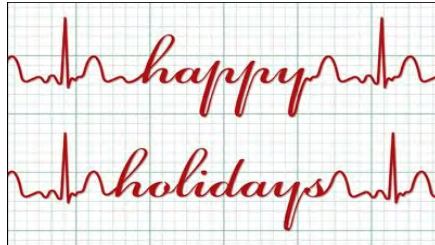
Transmitting news to students of New York Medical College

Volume 1, Issue 5

Dec 2015

**Logo CONTEST**  
has been closed and  
we are now voting  
on the best logo  
design!

The winner will be  
announced in the next  
issue of *Synapse* and  
the chosen logo will  
replace the rod of  
Asclepius above!



December is a month of excitement and happiness for most people. For us medical students, however, December is a month where you must study your butt off and take an exam (whether it be a final exam, a shelf exam, or a regular course exam) in order to be able to take part in that excitement and happiness.

But it's not all bad! Having that mountain to climb before being able to celebrate, makes the holiday seem even more exciting and rewarding. So as you study, remember that there is most definitely a light at the end of the tunnel and you will be out there in no time.

**Good luck on all your exams** and have an **amazing, bountiful, cheerful, dynamite, ecstatic, fabulous, grandiose, harmonious, incredible, jubilant, kickass, luxurious, magnificent, nourishing, outstanding, phenomenal, quintessential, rejuvenating, sensational, triumphant, ultra, vivacious, xenial, youthful, and zesty Holiday Season!**

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# Message from the Dean

As daylight grows shorter, the days leading up to our LCME re-accreditation site visit grow short as well. As of December 1<sup>st</sup>, there will be only 10½ hours of sunlight in New York City, and only 88 days before the start of the LCME site visit in Valhalla. And while we are all looking forward to the December holiday season with family and friends, there is much to do in these hours and days ahead.

Several major MD Program facility renovations will be completed in early 2016, including the doubling of the modules, the upgrading of classroom electronics, the re-design of the MD student lounge at the MEC, as well as the start of the new Fitness Center at the Skyline Building.

After our first “*hot topics*” meeting with the MD Student Senate leadership on November 16<sup>th</sup>, and with the assistance of Ms. Marie Ascher, we were able to extend the Library’s hours to 24/7. The Mas-tronardi Information Center is also being upgraded to become a student innovation space, complete with a 3-D printer.

These changes are consistent with first & foremost goal of our new School of Medicine strategic plan – “*Educational Excellence*”.

The upgrades above are just a small part of the School’s recommitment to the quality of medical education and to the richness of student life. This and the five other strategic goals have been developed with the broad input of hundreds of students, faculty members and staff from all of our affiliated teaching sites. The plan will be submitted to the LCME this week as part of the Data Collection Instrument (DCI), and will then be posted on the newly upgraded NYMC website.

Finally, as I noted in my last Dean’s Message to the School of Medicine community, the end of 2015 is a good time to reflect on the importance of personal accountability to organizational advancement. If we accept the importance of our individual actions, and commit to personal excellence, our School will be the overall beneficiary.

Owning our personal actions, big and small, is what makes for a great college and positive workplace.

**D. Douglas Miller, MD, CM, MBA**



## Hello from Student Affairs

by Dr. Susan Rachlin

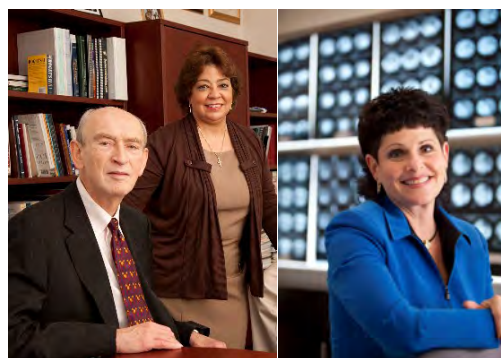
**The calendar year is drawing to a close** and with that the first year students have finished their first block, the second year students have finished microbiology, the first half of the third year is almost complete, and the fourth year students have begun the interview season.

The academic year is moving along quickly. We have had the first of the class meetings with all four classes. The first year meeting began a discussion about career planning and summer opportunities. The second year class meeting was to discuss the planning of Step 1 and to begin discussing the third year. The next second year class meeting will delve into the third year in depth with **information about clerkships, hospital sites, the lottery** and will include a student informational panel. The third year students had one meeting and their second is 12/2. That meeting will be a **Career Fair** designed to expose and educate the students to all the specialties of medicine. The fourth year class meeting was about the interview season and there is another meeting on 2/3 to discuss **the ranking process**.

As this half of the academic year nears its end, remember, **academic support services are always available, as are peer tutors**. Don’t forget about USMLE Easy, available free from the library, which is a great resource to prepare for your clinical subject NBME exams.

**We wish you a wonderful holiday season, an enjoyable break and Happy New Year!**

-The Office of Student Affairs



# Ask Mr. P.

by Joshua Sterling

What's going on with the **Student lounge?**

For anyone who didn't read my email last week the student lounge is undergoing renovations, the highlights of which are:

- **Replacing the flooring**
- **Creating a kitchenette with cabinets, a sink, and proper electrical outlets for a microwave/refrigerator**
- **Replacing the lighting**
- **New furniture**
- **New gaming entertainment**
- **Plaques commemorating each of the advisory dean house namesakes**



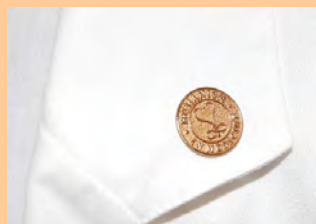
The student senate has been working with Dr. Ayala since the beginning of the year to have a physical location for each of the advisory houses to call their own. Unfortunately, we don't go to school in a magic castle and space was a bit limited. But, out of the conversations about getting each house its own unique common room came a new idea.... What if each house had a unique part of a single common room?



That is plan for the new student lounge. There will not just be a row of plaques commemorating the individuals each house was named after. The walls of the student lounge will be divided equally amongst the houses and the students of each house will have the opportunity to decorate their space to mirror the spirit of their house. Think the opening ceremonies of the Hunger Games. I will have more details in January, but that doesn't mean designs and sketches can't start now. So get those creative juices flowing. And May the odds ever be in your favor.

## Gold Humanism Honor Society

by Kelvin Luu and Zan Naseer



You first saw them at your White Coat Ceremony. They were the ones who helped you don your coat of light, and pinned a seemingly unimportant symbol to your lapel. They were students rumored to be models of compassionate medicine.

These are your **Gold Humanism Honor Society** members here at NYMC. They are senior medical students, medical residents, and role-model physician teachers who are exemplars of humanistic patient care and who serve as mentors and leaders in medicine. They embody the exact reasons many of you came to medical school, to help others, particularly by holding programs and events to provide for the underserved and improve community health.

Then you started seeing what they did and began to understand why they embodied the ideals of medicine. These individuals go above and beyond on the wards to make sure patients are cared for, organize services for the underserved, and mentor underclassman to have a successful run through medical school.

In the upcoming editions of *the Synapse*, the GHHS will provide advice, guidance, and support to all students at New York Medical College. Topics that will be discussed include:

1. **Study resources** (books, websites, apps) to use
2. **Best places to eat** in Westchester
3. How to **study for the "dreaded" Step 1**
4. **Third-year rotations**, "What to expect & how to survive"
5. **Service opportunities** at NYMC

Recently, members of the NYMC community participated in the annual GHHS-led Cares Week. It was incredible to see students giving back to the local community by volunteering for several organizations including the Ossining Food Pantry, Child Life at Maria Fareri Children's Hospital, Westchester Mental Health Association, the Ronald McDonald House, Woodfield Cottage, and Grasslands Homeless Shelter.

We thank everyone who participated for helping NYMC remain a beacon of service to the community.





# Class Updates



## Class of 2019

by Philip Maynard

Congrats on making it through the first block of medical school! Who knew we could cram that much into our brains!? If the long Thanksgiving weekend didn't feel like enough of a break, don't worry because it's less than three weeks until winter break!

Currently, there are great ways to get more involved in school! You can join the teams planning **NYMedTalks 2016** or running for a **House Representative Position**. These are great opportunities and something new to add to your CV (bye-bye résumés). Plus, there's significantly lower chance that you'll have to send an x-ray to Dr. Peters. (Yes M1s, it looks like one of our own proved him right!) And don't forget to vote in the upcoming **Peer-to-Peer Elections**.

The **Course Reps** for Block 2 have been selected. Congratulations to:

Biochem — **Chiamaka Agbasionwe**  
Physiology — **Bevan Bonhomme**

We know you'll do a great job and we look forward to working with you!

Now that Block 1 is over and we can breathe a little more easily ( $\beta$ -2 adrenergic receptors?) I started to realize how incredibly helpful the M2s have been since before we matriculated to the present. It speaks volumes about the sense of camaraderie we have here at NYMC. Fresh off the **Thanksgiving** weekend, I encourage you to make sure to **thank any/all M2s** who have helped you and to pay it forward next year!

On that topic, if you're hosting **an interviewee**, one nice thing you can do is to introduce them to other interviewees. Just post in the Facebook group that you're hosting and then organize a crew of them to meet up.

Lastly, don't forget to schedule your appointments with your House Deans and to get your mask-fitting and flu-shots.

While heading to Health Services, make sure to check out the progress on the **Student Lounge renovations!**

-Your M1 Senators



## Class of 2018

by Adam Gordon

The M2 **Bid Bad Puma's** celebrated **sweet sweet victory** as they crushed the M1 Fallopian Fury. Don't worry there's always next year Fallopian Fury!

In other exciting news...**Congrats to the M2's on completing micro!** Just need to push through these last few weeks and then we are **HALF WAY THERE!** (and sadly, still don't really know much about medicine)

**New library hours!** For all you early birds and night owls, the library has changed their hours to accommodate all of us! The library now opens at 6am and closes at 2am EVERYDAY.

Now that the holiday season is upon us, I couldn't think of a better way to spend \$600.00 than to **register for Step 1!** Also, shout out to Senator Paul Jeong for setting up the vendor fair and

getting us those board prep discounts! Don't spend your savings all in one place.



Lastly, if you're feeling stressed about the year, and are frequently asking yourself "why did I decide to go into medicine?" just remember that Clinical rotations will be here before you know it!

**Keep calm, stay strong, we are all in this together....Go Pumas!**

-Your 2018 Senators



## Class of 2017

by Jessica Oh

It's hard to believe that we are almost done with the first half of third year! We hope everyone has been enjoying their hospital experience so far. However, if there are any concerns about your rotation or the site, please contact your Liaison Committee representative!

If you still don't know what you want to be when you grow up, you are in luck!

**Our next class meeting on Wednesday, 12/2**, will focus on different specialties and career planning.



We are lucky to have student lounges at Westchester and Metropolitan that are specifically for NYMC students. As these lounges have recently been refurbished, please make sure take care of our shared space and clean up after yourself.

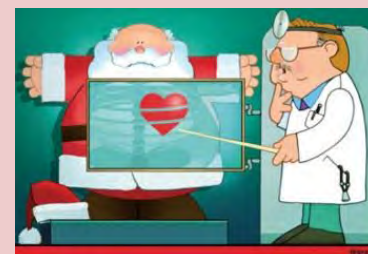
Although most of us are not on campus any more, **please meet up with your House Deans!** Everyone should have received an email from the Office of Student Affairs with the name of their respective houses and deans. The house deans understand we have busy schedules and are willing to talk to students over the phone as well!

A few quick reminders for January:

- **Register for the USMLE Step 2 CS** exam spots fill up quickly.
- Continue to work on your **unique characteristics and CV**.

Good luck to those taking an NBME next Friday, and happy holidays!

Best,  
M3 Senators



## Class of 2016

by Kelvin Luu

Spring is coming, and so is the new **Transition to Residency Week Boat Cruise!**

*Date:* Wednesday April 27<sup>th</sup> *Time:* TBD

*Cost:* \$50 for class of 2016 members, \$100 for any guests

*Drinks:* Flowing

*Boat:* The Princess  
(the exact same boat we were on first year)



### **INTERVIEW TRAIL**

**-Class Meeting 10/14 Dr. Rachlin Camtasia:**

Just listen to it. All the answers to your questions are probably in there. Candy just pops out of your screen at the 10:42 mark. We swear.

**-Thank You Notes:**

Be short, sweet, and to the point! Direct the letter to the PD. Hand write the note. Review the rules of the NRMP Match to make sure you are not in violation with what you write!

**-Second look interviews:**

In general, they are NOT mandatory, and can help OR hurt you since the program gets a second look at you too. If they said nothing about second looks, they are not necessary and you should not do them!

**-Previous Match Lists:**

The Match results for the past five years are now available from a "See Also" link found on the Student Affairs page on DCDB, titled "(Match Results Resource)". The direct link to the page on the DCDB is: <http://dcbd.nymc.edu/view/content/M81C/356321/359359>

### **REMINDERS**

**-Yearbook:**

No one will remember you. Did you even go to NYMC? **Don't let yourself be forgotten.**

**Submit your photos to Sarah\_Hochendoner@nymc.edu**

**-Update Your Student Portal**

**-ERAS/MSPE/NRMP:**

Remember to register for the NRMP! You will have to pay the late fee now

**-Fourth Year Rotations:**

Remember to submit your Add/Drop forms in a timely manner so you can get credit for your rotations.

**-Graduation Requirements:**

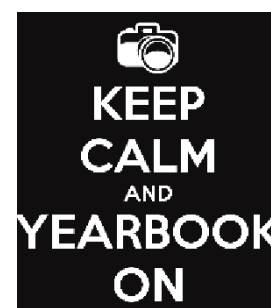
Make sure you follow through!

**-Apply for Graduation, Deadline is 12/11**

The May 2016 Commencement Application is now available. Please visit: <https://www.nymc.edu/StudentServices/Registrar/GraduationApplication.html>

Any questions or concerns, please don't hesitate at all to contact your class senators. Especially if it's about socks.

-2016 Senators



# Students of NYMC

As the school year continues, more stories featuring students from the medical school student body will be published in this monthly newsletter.

Anyone interested in having a piece written about them or one of their peers can reach out to [stephen\\_shapero@nymc.edu](mailto:stephen_shapero@nymc.edu) with a name, and if you have one, a prompt.

I hope that you all enjoy what is shared in these informal stories and that this project fosters conversation and new relationships between peers at NYMC and the community in which we live and serve.

-Stephen Shapero

## Brianne Doherty

Class of 2017

Hometown: Yorktown Heights

Undergraduate: The College of New Jersey

Major: Biomedical Engineering



When I was in kindergarten I was a pretty quiet kid, but I used to read a lot of books. No matter where I was you could find me reading. I remember riding the bus this one day in kindergarten, I had been reading but there were a few older kids making fun of another little boy on the bus about his ears. I stood up, hands on my hips and yelled: "Oh yea, well I like his ears!" It was enough to stop the group of kids. It may have been a small act, but that need to help people has been part of me for a very long time. It's a quality that steered me toward a career path in medicine.

I came to NYMC straight from undergrad, so my path to med school wasn't as long. But, during my summers I worked as an adventure camp counselor – it was the best job I've ever had. I was being paid to take kids to amusement parks and zoos. Sometimes I think that I was more excited to be there than the kids were, although that might be because I LOVE roller coasters (the taller, the faster, the better they are).

That might be part of why I started my education as an engineer student. But the further along I progressed in my studies the more I realized that I couldn't see myself as an engineer. There were too many precision calculations and not enough time interacting with people. Medicine takes what had initially drawn me to engineering and provides me the opportunity to become fully invested in a career that engages other aspects of my personality – helping people and enjoying the experience.

I believe you should be happy and work to have fun every day. Medicine makes that a reality for me. Although, I wouldn't mind being paid to travel around the country to ride roller coasters!



## Meet Your Student Senate



Back (left to right):

Paul Jeong, Justin Cole, Phil Maynard,  
Alec Selby, Adam Gordon, Josh Sterling,  
Steve Shapero, Sarah Hochendoner,  
Henry Feng, Oded Tal

Front (left to right):

Maya Rubin, Jake Feldman, Amanda  
Feeney, Lydia Bunker, Hannah Gissel,  
Jess Kumar, Alyssa Simeone

Not Pictured: Kelvin Luu



Left to right:

Zaza Atanelov, Jessica Oh, Qais Karim

Find out more about the NYMC student senate at: <http://www.nymc.edu/medical/senate/>



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**NYMC Synapse**